

ABSTRACT

BACKGROUND

Periarthritis of shoulder (PAS) is a common painful musculoskeletal disorder of shoulder. Mud treatment has demonstrated to be effective in the administration of skin pathologies, rheumatic issue, musculoskeletal clutters, gynaecological conditions, neurological protests and cardiovascular conditions. The present quasi experimental study was planned to evaluate the effect of hot mud application over the painful shoulder joint in increasing Range of motion of the shoulder – flexion, abduction and external rotation.

METHODS

A total of forty subjects, aged (40-65 yrs) were randomly assigned into the study group after satisfying the inclusion and exclusion criteria. Study group was assessed at baseline and after 15 sessions (alternate days in a month) for Shoulder pain and its disability index (SPADI) and range of motion.

RESULTS

The study group showed significantly improvement in both statistically and clinically in pain index ($P < 0.002$), disability index ($P < 0.007$), total SPADI score ($P < 0.002$), shoulder flexion ($P < 0.003$), abduction ($P < 0.002$) and external rotation ($P < 0.004$).

CONCLUSION

Fifteen session application of hot mud over painful shoulder joints of periarthritis patients causes vasodilatation and it infiltrates further into the muscle and consequently decreases the pain and increase the range of movements in shoulder joint.

KEYWORDS

Periarthritis of shoulder (PAS), Hot mud application, Shoulder pain and its disability index (SPADI), Mud therapy.